

# **Beef Stir Fry**

**Beef stir fry can be a lot of fun. A tablespoon of oil will give you some vital fats not in the meat or vegetables. It's generally a summer meal when you need a quick, light, and nutrient dense meal. A great way to use pieces of leftover vegetables that aren't even enough for a serving by themselves. Never the same twice with peas, carrots, and beans of all sorts, or even squash fresh from the garden. Caramelized onions and mushrooms are the base for this dish.**

## **Pre Cook Preparation:**

**Marinate: 1 to 2 hours in the fridge**

**Honey and garlic sauce, or**

**Barbecue sauce**

- A. Timer set to thaw meat for about 2 hours**
- B. Timer set to the time to begin preparation prior to cooking**
- C. Stay with meal as it is cooked**

## **Meal Adaptations:**

### **Physical Accommodations:**

**Cut meat into bite sized pieces before sitting down**

**Frozen or canned vegetables can be used**

### **Visual Accommodations:**

**Use colored chopping boards**

## **Potential Food Allergy or Intolerance:**

**Beef**

**Butter (lactose)**

**Mushrooms**

**Onions**

**Pepper**

**Spices**

## **Meatless Preparation Avoid:**

**Beef**

**Butter**

**Substitute with: \_\_\_\_\_**

**Utensils:**

Chopping board  
Fork  
Pot holders  
Steak knife  
Wooden spoon  
Pan: 8 inch, large, frying pan

**Ingredients:****Meat: Choose 2 pounds of:**

Cubed steak  
Fajita strips  
Ground beef  
Skirt steak, or  
Stew beef

**Vegetables: Choose 2 or 3 of:**

1/4 cup of broccoli  
1/4 cup of carrots  
1/4 cup of corn  
1/4 cup of green beans  
1/4 cup of mushrooms  
1/4 cup of onions  
1/4 cup of peas

**Other ingredients:**

1 tablespoon of butter  
Dash of salt  
Spices such as pepper to taste

**Preparation time: 15 minutes**

**Preparation:**

1. Chop 1/8 to 1/4 cup of each vegetable:  
Broccoli  
Carrots  
Corn  
Green beans  
Mushrooms  
Onions  
Peas

2. Chop meat into bite sized pieces.
3. Add enough vegetable or canola oil to the frying pan to cover the bottom.
4. With a wooden spoon, stir in ingredients over medium heat.
5. Reduce heat as meal simmers, stirring frequently.

Cook Temperature: Medium heat

Cook Time: 15 to 20 minutes

Servings: 4

Storage Solutions: Square containers in individual servings with or without vegetables

Counter safe: 30 minutes to an hour to cool enough to place in the fridge or freezer

Fridge safe: 3 to 4 days \* Per FDA Storage Chart link in Resources

Freezer safe: 2 to 3 months \* Per FDA Storage Chart link in Resources

**Reheat Instructions:****Microwave: Time and temp may vary.**

1. Place in a microwave safe dish (not plastic).
2. Heat until food is fully hot and reaches a safe temperature.
3. Minimum 2 minutes.

**Add your microwave time here: \_\_\_\_\_.****Stove Top: Time and Temp may vary.**

1. Place food in frying pan.
2. Add enough water to almost cover food.
3. Stir frequently while food heats, until thoroughly warm, about 10 minutes.

**Add your stove time here: \_\_\_\_\_.****Oven Directions: Time and Temp may vary.**

1. Place in oven safe pan.
2. Add a little water.
3. Stir frequently while food heats, until thoroughly warm, about 20 minutes.

**Add your oven time here: \_\_\_\_\_.**